



# Central Michigan District Health Department

*Promoting Healthy Families, Healthy Communities*



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## PRESS RELEASE FOR LOCAL MEDIA

**To: Local Media Outlets**  
**From: Central Michigan District Health Department**  
**RE: CMDHD Hosting 15<sup>th</sup> Annual HIV/AIDS 5K**  
**Release Date: August 13, 2024**

### **CMDHD Will Host 15<sup>th</sup> Annual HIV/AIDS 5K Walk/Run at Island Park on Saturday, September 21.**

Central Michigan District Health Department (CMDHD) is hosting our 15th Annual Central Michigan HIV/AIDS 5K Walk/Run on Saturday, September 21<sup>st</sup>, at Island Park in Mt. Pleasant. A virtual option is also available. Our goal for this event is to educate the community, combat HIV/AIDS related stigma, and raise funds to support those diagnosed with and living with HIV/AIDS within the Central Michigan area.

The event is open to all ages and ability levels, making it a family-friendly occasion that promotes community engagement and giving back. A registration fee of \$25 per person is charged for those 18 and older. To register, please visit [runsignup.com/Race/MI/MountPleasant/15thAnnualCentralMichiganHIVAIDS5k](https://runsignup.com/Race/MI/MountPleasant/15thAnnualCentralMichiganHIVAIDS5k). Those under age 18 can participate for free with a donation for The Care Store at registration on the day of the 5K. Find the top needed donation items at [https://www.thecarestore.org/files/ugd/be5f95\\_ded2a45f77d64c74b958e13f91ea7933.pdf](https://www.thecarestore.org/files/ugd/be5f95_ded2a45f77d64c74b958e13f91ea7933.pdf).

“CMDHD is committed to upholding the dignity and worth of all individuals. Our mission is to ensure the highest quality of life for those affected by and living with HIV/AIDS,” said Anna Reetz, CMDHD Community Health Supervisor.

The proceeds from the 5K will help to support Community Health programs, including harm reduction, HIV medical care, case management, and social service referrals. These services address a range of needs, such as insurance, primary medical care, food, housing, transportation, and counseling.

For more information or inquiries about the in-person or virtual 5K, please contact Nadia at 989-773-5921 ext. 1460.

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola, and Roscommon. Visit our website at [www.cmdhd.org](http://www.cmdhd.org) and follow us on [Facebook](https://www.facebook.com/cmdhd) and [Instagram](https://www.instagram.com/cmdhd).

**Please visit us online at [www.cmdhd.org](http://www.cmdhd.org).**

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To request an interview, please visit our website ([cmdhd.org](http://cmdhd.org)) and fill out the [Media Interview Request Form](#).



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